

Heart of a Hall of Famer: Anthony Muñoz



Instructions:

Please use the following lesson to help prepare your students for a more meaningful and interactive educational experience.

Program Experience Outline:

5 minutes – Welcome

5 minutes – Opening Remarks from Anthony Muñoz

50 minutes – Discussion with Anthony Muñoz



Subject: Family and Consumer Sciences

Lesson Title: Heart of a Hall of Famer: Anthony Muñoz

Goals/Objectives:

Students will:

- Define the Hall of Fame Values: Commitment, Integrity, Courage, Respect and Excellence.
- Demonstrate understanding of the traits associated with the Hall of Fame Values.
- Demonstrate understanding of how good character is essential for achieving success in life.
- Be inspired to live more meaningful and effective lives by incorporating new insights regarding good character into their daily lives.

National Standards met:

- **Family and Consumer Sciences:** 12.0-Analyze factors that impact human growth and development; 13.0-Demonstrate respectful and caring relationships in the family, workplace, and community.

Methods/Procedures:

Prior to Program

- Students will complete the *Anthony Muñoz Character Worksheet*.
 - Research the career of Anthony Muñoz and write a brief biography about him.
 - Define the Hall of Fame Values (Commitment, Integrity, Courage, Respect and Excellence).
 - Each student should develop five questions they would ask Anthony Muñoz about his achievements on and off the football field and how his character helped him achieve success. Sample questions are provided on page 3. Students can feel free to use these questions as well.
- As a class, have the students discuss the questions they each compiled and out of those have them choose those they feel are the best six to be asked during the program.

During Program

- Pose prepared questions to Anthony Muñoz.
- Complete worksheet: *Heart of a Hall of Famer Summary Sheet*



After the Program

- Find an inspirational quote that depicts at least one Gold Standard of Character and/or corresponding trait exemplified by Anthony Muñoz. Explain the connection through an oral or written presentation (i.e. essay, poster, power point).
- How did Anthony Muñoz demonstrate any of the Hall of Fame Values and/or their corresponding traits through his life commitments or specific actions?
- How might you incorporate something you have learned about character from Anthony Muñoz into your daily life?
- Have students create a personal mission statement that incorporates any of the Hall of Fame Values and their corresponding traits into their daily lives.

Materials:

- Handout: Anthony Muñoz *Character Worksheet* (Page 4)
- Worksheet: *Heart of a Hall of Famer Summary Sheet* (Pages 6-7)
- Anthony Muñoz Bio:
 - <http://www.profootballhof.com/players/anthony-munoz/>
 - <http://www.munozfoundation.org/>
 - <https://www.youtube.com/watch?v=-RU6b5vjabQ>

Assessment:

- Students will be assessed on performance and accuracy of responses.



Anthony Muñoz Character Worksheet

Name: _____

1. Research the career of Anthony Muñoz. Write a brief biography about him below:
2. Define the Hall of Fame Values
 - a. Commitment
 - b. Integrity
 - c. Courage
 - d. Respect
 - e. Excellence
3. Develop five questions to ask Anthony Muñoz about his achievements on and off the football field and how his character helped him achieve success.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

Sample Questions

1. What character qualities do you believe it takes to be a Hall of Fame player?
 2. What character qualities do you believe it takes to be successful in all areas of life?
 3. What are some situations or events that took place in your life that you would say had a significant impact on your character?
 4. As a child, what events in your life do you believe helped shape you into the man you are today?
 5. How do you feel as an adult that you are continuing to shape your character?
 6. What are some examples of times that you've had to persevere through adversity?
 7. How do you feel the leadership roles on the football field and in the business world are similar?
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1. Which of the Hall of Fame Values - Commitment, Integrity, Courage, Respect and Excellence – which do you believe are most important and why?
 2. How do you feel football helped teach you more about the Hall of Fame Values - Commitment, Integrity, Courage, Respect and Excellence?
 3. Which of the Hall of Fame Values - Commitment, Integrity, Courage, Respect and Excellence – which one do you believe is your strongest and why?
 4. Which of the Hall of Fame Values Commitment, Integrity, Courage, Respect and Excellence – which one do you believe is your weakest and why?
 5. What advice can you give young people about how to develop their character?
 6. Football is many times referred to as the ultimate team sport. How do you think teamwork teaches you about life?
 7. Did you ever take on a leadership role as a youth? If so, what was it?
 8. How important do you feel accountability is on and off the field?



Student's Name: _____

Heart of a Hall of Famer Summary Sheet

Give five facts reported in the presentation

1. _____

2. _____

3. _____

4. _____

5. _____



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